



Information about the subject

Degree: Official Master's Degree in the Relationship of Aid and Counselling

Faculty: Faculty of Psychology

Code: 1420003 **Name:** Counselling II

Credits: 6,00 **ECTS Year:** 1 **Semester:** 1

Module: MODULE 2. METHODOLOGY OF THE RELATIONSHIP COUNSELLING AND SUPPORT

Subject Matter: 2.2. Counselling II **Type:** Compulsory

Department:

Type of learning: Online

Languages in which it is taught: Spanish

Lecturer/-s:



Module organization

MODULE 2. METHODOLOGY OF THE RELATIONSHIP COUNSELLING AND

SUPPORT

Subject Matter	ECTS	Subject	ECTS	Year/semester
2.1. Counselling I	3,00	Counselling I	3,00	1/1
2.2. Counselling II	6,00	Counselling II	6,00	1/1

Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 The pupil understands the process of the relation of help and identifies the characteristics of the second and third phases.
- R2 The pupil identifies the skills of Counselling more important to starting in every situation.
- R3 The pupil modifies his own previous style of intervention adapting it to the knowledge of learned Counselling .
- R4 The pupil recognizes the available resources of help and develops them in an effective way.
- R5 The pupil puts into practice (design something to put into practice) with efficiency the own skills of the second and third phase of the relation of help.
- R6 The pupil knows technologies to motivate the process of change of the person who suffers and to realize a closing adapted in the intervention.
- R7 The pupil identifies the key aspects that can generate difficulties in the closing of the intervention.



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

BASIC	Weighting			
	1	2	3	4
CB7 To be able to apply the acquired knowledges and the ability of problems resolution in new environments inside wider contexts (or multidisciplinary contexts).			X	

GENERAL	Weighting			
	1	2	3	4
CG9 Acquire knowledge of scientific interest to provide a sufficient vision for the development of ideas and projects of intervention in situations of exclusion and vulnerability.		X		
CG12 Incorporating new communication technologies in the intervention of helping relationship-counseling adapted to different contexts.		X		

SPECIFIC	Weighting			
	1	2	3	4
CE2 Apply the characteristics of the helping relationship techniques, integrating attitudes assistant or counselor for different contexts of exclusion.				X
CE3 Distinguish the limits of the aid relationship and key criteria for pointing out the need for further assistance strategies.			X	
CE4 Promote the person who aids, strategies for self-help and learning in situations of adversity .		X		
CE11 Report the main features of aid to specific groups, adapting own counseling skills to the needs of each.			X	



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4, R5, R6, R7	10,00%	Attendance and participation in the activities of synchronous communication.
R1, R2, R3, R4, R5, R6, R7	80,00%	Making deliverables activities.
R1, R2, R3, R4, R5, R6, R7	10,00%	Ongoing assessments using multiple choice questions.

Observations

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Content exposure by the teacher.
- M2 Preparation of topics on presented materials: readings, viewing of films or documentaries.
- M4 Realization of deepening exercises and analysis.
- M5 Individual attention to resolve doubts and orientation of the learning process.
- M6 Transcription of interviews and discussion in the forum.
- M7 Discussion on current articles.



M10 Self-understanding exercises.

M15 Assessment tests.



ON-LINE LEARNING

SYNCHRONOUS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
SYNCHRONOUS VIRTUAL SESSION: Content exposure by the teacher. M1, M2, M4, M5, M10, M15	R1, R2, R3, R4, R6, R7	18,00	0,72
PRACTICAL SYNCHRONOUS VIRTUAL SESSION: Group work sessions through chat moderated by the teacher. M1, M2, M6, M7, M10, M15	R1, R2, R3, R4, R5, R6, R7	18,00	0,72
SYNCHRONOUS INDIVIDUAL OR GROUP TUTORIES: Individual attention for monitoring and orientation of the learning process, carried out by a tutor in order to review and discuss the materials and topics, seminars, readings, works, etc. M1, M2, M5, M6, M7, M10, M15	R1, R2, R3, R4, R6, R7	24,00	0,96
TOTAL		60,00	2,40

ASYNCHRONOUS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
INDIVIDUAL WORK ACTIVITIES: Preparation of topics on the materials presented for discussion or delivery in electronic format. M2, M4, M7, M10, M15	R1, R2, R3, R4, R5, R6, R7	60,00	2,40
GROUP WORK: Group preparation of readings, essays, problem solving, seminars, papers, memories, etc. for discussion or delivery. M2, M4, M5, M6, M7, M10, M15	R1, R2, R3, R4, R5, R6, R7	20,00	0,80
DISCUSSION FORUMS: Participation and contributions to discussion forums related to the subject, moderated by the teacher of the subject. M1, M5	R1, R2, R6, R7	10,00	0,40
TOTAL		90,00	3,60



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
Lesson 6: PHASES OF COUNSELLING	<ul style="list-style-type: none">- Understanding in Counselling. Objectives of the second phase.- Typical of the second phase of Counselling Skills. Procurement process.
Lesson 7: THE ATTITUDES OF COUNSELLING	<ul style="list-style-type: none">- Densification of resources for self-help in the person about to intervene.
Lesson 8: TECHNIQUES FOR COUNSELLING	<ul style="list-style-type: none">- Methods of planning and prioritization of goals- Efficient techniques to motivate for change. motivational Interviewing
Lesson 9: APPLICATION OF COUNSELLING TO VARIOUS FIELDS	<ul style="list-style-type: none">- Skills of the third phase: the strategy and action plans. Procurement process.- Effective support to aid in the process of change. Methods of collision resistance
Lesson 10: CONTINUED DEVELOPMENT ADVISOR	<ul style="list-style-type: none">- Assessment of action plans- The completion of the process of Counselling. Keys to the closure of the intervention.



Temporary organization of learning:

Block of content	Number of sessions	Hours
Lesson 6: PHASES OF COUNSELLING	6,00	12,00
Lesson 7: THE ATTITUDES OF COUNSELLING	6,00	12,00
Lesson 8: TECHNIQUES FOR COUNSELLING	6,00	12,00
Lesson 9: APPLICATION OF COUNSELLING TO VARIOUS FIELDS	6,00	12,00
Lesson 10: CONTINUED DEVELOPMENT ADVISOR	6,00	12,00

References

Bibliografía Básica.

eTexto de la asignatura (tema 6), de Consuelo Santamaría, accesible en el Aula Virtual.

eTexto de la asignatura (tema 7), de Felicidad Vicente, accesible en el Aula Virtual.

eTexto de la asignatura (tema 8), de Eva García, accesible en el Aula Virtual.

eTexto de la asignatura (tema 9), de Eva García, accesible en el Aula Virtual.

eTexto de la asignatura (tema 10), de Marta Villacieros, accesible en el Aula Virtual.

Bibliografía Complementaria

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Higuera Bermejo, J.C. (2011): Introducción al counselling. Santander, Salt Terrae.

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ROBERT FISHER (1989). El caballero de la armadura oxidada. Ediciones Obelisco, 1989,

GEORGES PIERRET (2004). La Terapia Gestalt. Dilema, 2004

JOSE CARLOS BERMEJO. El arte de sanar a las personas: Entre el Counselling y el Coaching. SAL TERRAE, 2013

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ANDREAS GIANNAKOULAS. El Counselling Psicodinámico. LUMEN HUMANITAS, 2010

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Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

Situation 1: Teaching without limited capacity (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

Situation 2: Teaching with limited capacity (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

Microsoft Teams

Kaltura



Situation 3: Confinement due to a new State of Alarm.

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

Microsoft Teams

Kaltura

Explanation about the practical sessions:



ONLINE WORK

Regarding the Assessment Tools:

The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System: